



Fire White

Practice Plan

Date: 9-13-17

Time: 17:00-18:15

Venue: Fr. Bauer

Lines:

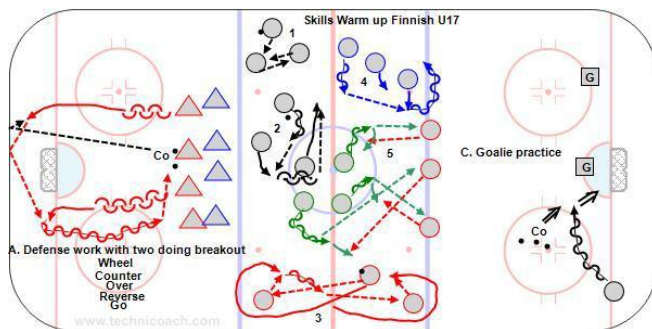
Breakout options, skill, agility, pass, shoot

Defense join the attack

Notes:

Quick transition, speed, middle lane drive

1-1, 2-1, 3-2



15' Jim F, Tom D, Mel G

B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

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<https://youtu.be/P0nsIv0zT6w>

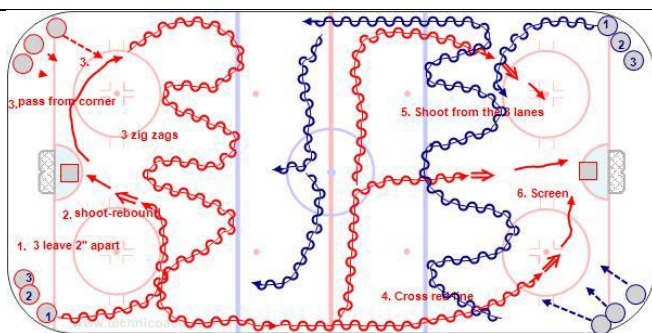
Defense do at one end with Tom

T1 - A500 - D Breakout Options – Pro

<https://youtu.be/CgFlk56u16s>

D - T1-2 – Breakouts-Point Shots – Pro

<https://youtu.be/oOB3R0Vsxw>



10'

B6 – 3 Shots, 3 Zig zags, 3 Shots

Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

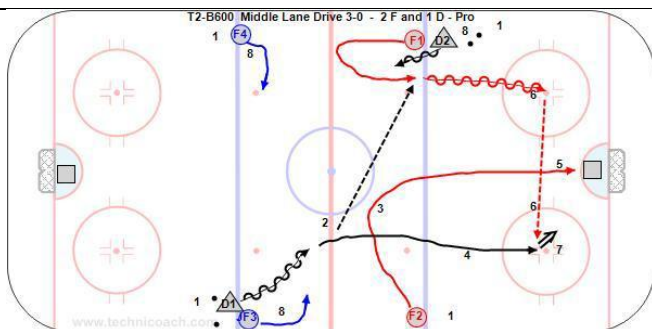
Description:

1. Start with a pass from the corner and a shot.
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

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B6 – 3 Shots, 3 Zig-zags, 3 Shots – U17-20 RB

<https://youtu.be/AfPDToEnXdc>



10' Tom lead.

T2-B600 Middle Lane Drive 3-0 - 2 F and 1 D - Pro

Key Points:

D jump up and join the rush. First one over the blue line drive the middle lane to the net and the other two save ice forming an attacking V. Pass to either player or the fourth player on the rush or shoot.

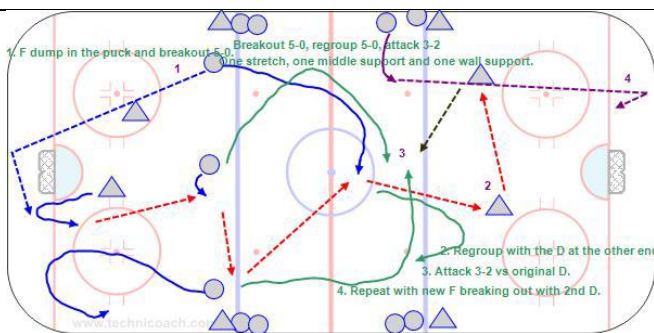
Description:

1. Start at the 4 blue lines, F one side F and D the other.
2. F2 pass to then D1 pass cross ice to F1 at the far blue line.
3. F2 cut to the middle from the opposite blue line.
4. D1 join the 3-0 skating up the wide lane.
5. F2 skate hard to the net through the middle lane.
6. F1 pass across to D1 just inside the top of the circle.
7. D1 shoot and all three crash the net for a rebound.
8. D2-F3-F4 repeat in the other direction.
9. Defense switch sides to so the shots come from the other wing.

* To make this a situational drill 1, 2 or 3 attackers could defend the next attack at the same net.

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<https://youtu.be/mAG8TtOmymQ>



10' Jim with F – Tom D – Mel G

C3 Breakout 5-0, regroup 5-0, attack 3-2

Key Points: Orange F Green D one end GF-OD other.

One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous - Pro

<https://youtu.be/87brHZATxfc>

10' Jim one end Mel other

D400 – 2 on 2 one end 3-3 other Quick Transition Game

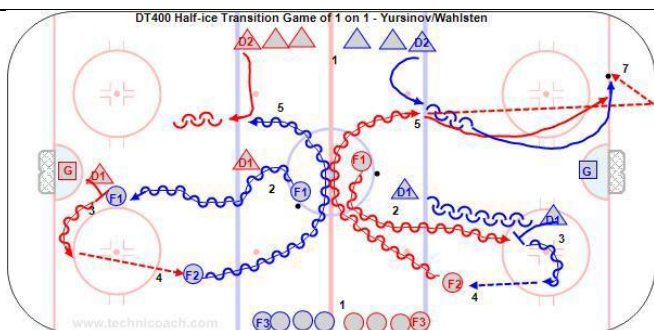
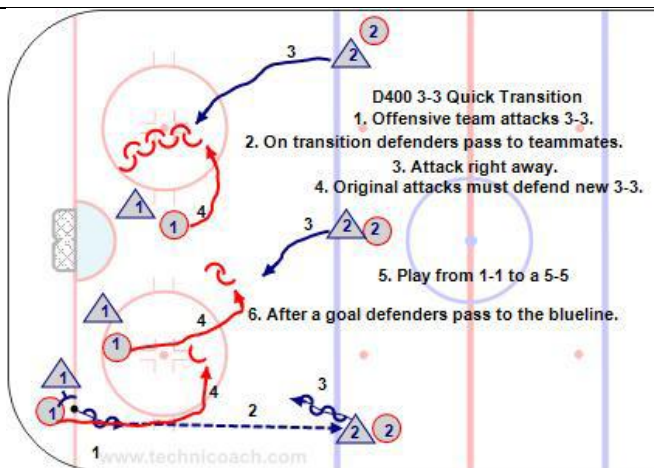
Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get inside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

<file:///D:/Daily%20Drill/D400%20-%203%20on%203%20Quick%20Transition%20Game>



10' Mel one end – Jim other

DT400 Transition Game of 1 on 1 and 2-1

Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

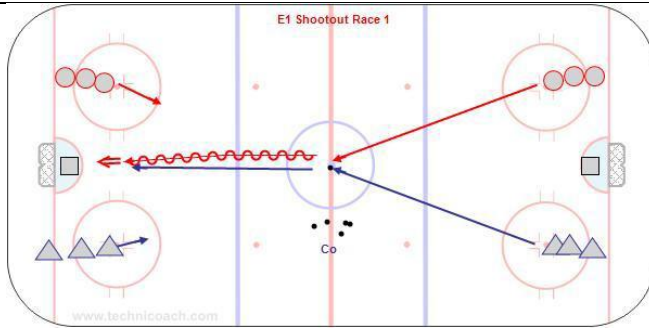
Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the puck.

loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

<https://youtu.be/I-Uko5pKHkY>



9' Jim put pucks in middle – Mel - goalies rotate.

E1 - Shootout Race - U18 Key Points Players must have one skate on the dot at the start. No hooking or tripping. Skate to get D side and get the puck.

*This is a great contest for quick starts, puck protection, battling, scoring and a good anaerobic conditioning exercise. Keep score with one colour vs. the other.

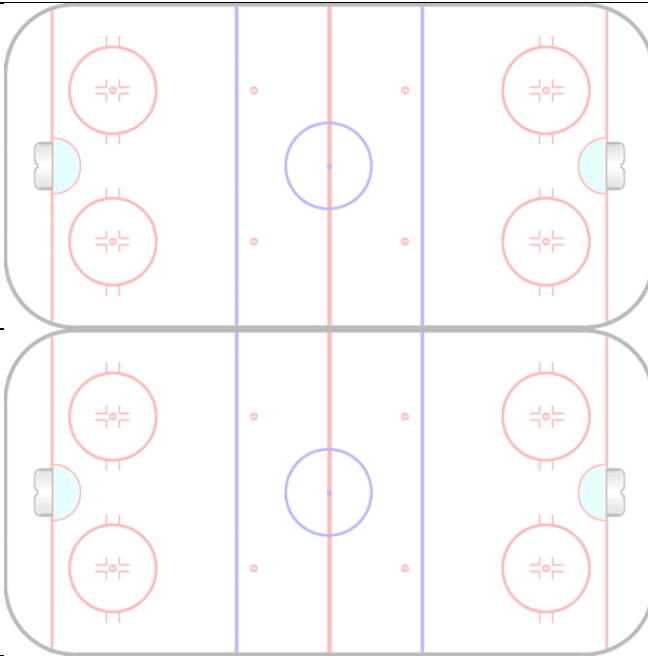
Description 1. Players are lined up behind the face of dots at each end. 2. A player from each team race for the puck which the coach puts on the middle dot. 3. Protect the puck and try to score vs. backchecking opponent. 4. Place another puck near the dot and repeat the other way. 5. Allow goals on rebounds that come straight out.

* Backchecker can't hook or hold but must take the stick on a rebound.

* Keep score!!

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151024103934882>

Explanation/Notes:



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